

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: KWZC

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Destoop Jens

Coaches: Verschuere Nele HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 17: 50M BACKSTROKE MEN							Heat:3, starttime: 09:40		
Heat: 3/7 Lane : 7 Athlete: BHIJA TARIQ							Q-time: 00:28:34		
PB (25m pool): 28.34 Diksmuide 1 Dec 2024							PB (50m pool): 29.64 SB:		
	2 5 M		5 0 M						
PB			28.34						
			28.34						
									

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:4, starttime: 10:05	
Heat: 4/4 Lane : 6 Athlete: BHIJA TARIQ							Q-time: 02:09:05	
PB (25m pool): 2:09.05 Aachen (GER) 11 Oct 2025				PB (50m pool): 2:19.21 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		27.78		1:00.60		1:34.10		2:09.05
	27.78		32.82		33.50		34.95	
								

Coach feedback:

Event number: 25: 100M FREESTYLE MEN						Heat:4, starttime: 11:00		
Heat: 4/9 Lane : 7 Athlete: BHIJA TARIQ						Q-time: 00:53:16		
PB (25m pool): 53.16 Aachen (GER) 12 Oct 2025						PB (50m pool): 55.31 SB:		
2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			25.98				53.16	
			25.98				27.18	
								

Coach feedback: